



# NPC CASCADIAN CLASSIC™

## MAY 25, 2019 • BEND, OREGON

**FULL LEGAL NAME:** \_\_\_\_\_ **D.O.B:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **SEX:** M F

**MAILING ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP CODE:** \_\_\_\_\_

**CONTACT PHONE:** \_\_\_\_\_ **EMAIL ADDRESS:** \_\_\_\_\_

All entrants must be registered members of the National Physique Committee (NPC). If not registered at the time of this form, you can register at the check-in before the show. You cannot compete without an NPC card or receipt. All Masters competitors must be over the age listed within their division they are competing in. You must show proof of age at registration with a state driver's license or birth certificate. Any competitor under the age of 18 must be accompanied by an adult during registration.

**If not registered by form deadline of May 21, 2019, you can register at the competitor check-in before the show with the late fee.**

**ENTRY FEE: \$103.31 PER CLASS (SERVICE FEES INCLUDED) | LATE FEE: \$200.00 AFTER MAY 21, 2019 AT CHECKINS**

<p><b>Open Mens Bodybuilding</b></p> <p><input type="checkbox"/> Junior BB (20 &amp; under)</p> <p><input type="checkbox"/> Men Bant Wt. (up to 143.25)</p> <p><input type="checkbox"/> Men Lt Wt. (143.25 to 154.25)</p> <p><input type="checkbox"/> Men Mid. Wt. (154.25 to 176.25)</p> <p><input type="checkbox"/> Men Lt Hvy. Wt. (176.25 to 198.25)</p> <p><input type="checkbox"/> Men Hvy. Wt. (198.25 to 225.25)</p> <p><input type="checkbox"/> Men Super Hvy. Wt. (Over 225.25)</p> <p><input type="checkbox"/> Masters Men (over 35)</p> <p><input type="checkbox"/> Masters Men (over 40)</p> <p><input type="checkbox"/> Masters Men (over 50)</p> <p><input type="checkbox"/> Masters Men (over 60)</p> <p><b>Novice Mens Bodybuilding</b></p> <p><input type="checkbox"/> Men Lt Wt. (up to 176)</p> <p><input type="checkbox"/> Men Hvy. Wt. (Over 176.25)</p> <p><b>Womens Physique</b></p> <p><input type="checkbox"/> Womens Physique A (up to 5'3")</p> <p><input type="checkbox"/> Womens Physique B (over 5'3" up to 5'6")</p> <p><input type="checkbox"/> Womens Physique C (5'6" and over)</p> <p><input type="checkbox"/> Womens Masters Physique (over 35)</p> <p><b>Womens Bodybuilding</b></p> <p><input type="checkbox"/> Womens Bodybuilding (one class)</p>	<p><b>Mens Physique</b></p> <p><input type="checkbox"/> Junior Mens Physique (all heights)</p> <p><input type="checkbox"/> True Novice Physique A (up to 5'10")</p> <p><input type="checkbox"/> True Novice Physique B (5'10" and over)</p> <p><input type="checkbox"/> Novice Physique A (up to 5'10")</p> <p><input type="checkbox"/> Novice Physique B (5'10" and over)</p> <p><input type="checkbox"/> Open Physique A (up to 5'7")</p> <p><input type="checkbox"/> Open Physique B (up to 5'9")</p> <p><input type="checkbox"/> Open Physique C (up to 5'11")</p> <p><input type="checkbox"/> Open Physique D (over 5'11")</p> <p><input type="checkbox"/> Masters Physique (over 35)</p> <p><input type="checkbox"/> Masters Physique (over 40)</p> <p><input type="checkbox"/> Masters Physique (over 50)</p> <p><input type="checkbox"/> Masters Physique (over 60) <b>NEW!</b></p> <p><b>Bikini</b></p> <p><input type="checkbox"/> True Novice Bikini A (up to 5'4")</p> <p><input type="checkbox"/> True Novice Bikini B (5'4" and over)</p> <p><input type="checkbox"/> Novice Bikini A (up to 5'4")</p> <p><input type="checkbox"/> Novice Bikini B (5'4" and over)</p> <p><input type="checkbox"/> Open Bikini A (up to 5'3")</p> <p><input type="checkbox"/> Open Bikini B (up to 5'5")</p> <p><input type="checkbox"/> Open Bikini C (up to 5'7")</p> <p><input type="checkbox"/> Open Bikini D (over 5'7")</p> <p><input type="checkbox"/> Masters Bikini (over 35)</p> <p><input type="checkbox"/> Masters Bikini (over 45)</p> <p><input type="checkbox"/> Masters Bikini (over 55) <b>NEW!</b></p>	<p><b>Mens Classic Physique</b></p> <p><input type="checkbox"/> Novice Classic Physique (All heights)</p> <p><input type="checkbox"/> Open Classic Physique A (up to 5' 7")</p> <p><input type="checkbox"/> Open Classic Physique B (Over 5'7" up to 5'10")</p> <p><input type="checkbox"/> Open Classic Physique C (Over 5' 10")</p> <p><input type="checkbox"/> Masters Classic Physique (Over 35)</p> <p><input type="checkbox"/> Masters Classic Physique (Over 40)</p> <p><input type="checkbox"/> Masters Classic Physique (Over 50) <b>NEW!</b></p> <p><small>*Note the NPC criteria of height and weight of each Classic Physique height must not be exceeded. This includes Masters &amp; Novice.</small></p> <p><b>Figure</b></p> <p><input type="checkbox"/> True Novice Figure A (up to 5'4")</p> <p><input type="checkbox"/> True Novice Figure B (5'4" and over)</p> <p><input type="checkbox"/> Novice Figure A (up to 5'5")</p> <p><input type="checkbox"/> Novice Figure B (5'5" and over)</p> <p><input type="checkbox"/> Open Figure A (up to 5'3")</p> <p><input type="checkbox"/> Open Figure B (up to 5'5")</p> <p><input type="checkbox"/> Open Figure C (up to 5'7")</p> <p><input type="checkbox"/> Open Figure D (over 5'7")</p> <p><input type="checkbox"/> Masters Figure (over 35)</p> <p><input type="checkbox"/> Masters Figure (over 45)</p> <p><input type="checkbox"/> Masters Figure (over 55)</p> <p><b>Fitness</b></p> <p><input type="checkbox"/> Fitness</p> <p><small>*Note: True Novice is for athletes that have never competed before. They can also enter Novice and Open classes as well.</small></p>
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\*Disclaimer: The following divisions can crossover: Bikini and Figure, Women's Bodybuilding and Women's Physique and Figure, Open Men's Bodybuilding and Open Men's Physique. Novice Bikini and Novice Figure can also compete in an Open Bikini or Figure class. If you are in Men's Novice/Open Physique or Novice/Open Bodybuilding, you can crossover into Men's Classic Physique. If you are uncertain if your categories qualify for double or triple entry telephone 541-350-2259 to inquire.

<p><b>CREDIT CARD #:</b></p> <p><input type="text"/> <input type="text"/> <input type="text"/></p> <p><b>EXP DATE:</b> / <b>SEC. CODE:</b></p> <p><input type="text"/> / <input type="text"/></p> <p><b>OCCUPATION:</b></p> <p><input type="text"/></p> <p><b>RECENT NPC WINS OR PLACINGS:</b></p> <p><input type="text"/></p>	<p><b>HOBBIES/INTERESTS:</b></p> <p><input type="text"/></p> <p><input type="text"/></p> <p><input type="text"/></p> <p><input type="text"/></p> <p><input type="text"/></p> <p><b>GYM, TEAM OR TRAINER:</b></p> <p><input type="text"/></p>
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Entry form methods of delivery: Scan and email to [info@cascadianclassic.com](mailto:info@cascadianclassic.com) for faster processing.  
 Mail to: Cascadian Classic c/o Dominic Current 2049 NW Hemlock Place Redmond, Oregon 97756  
 For more information call 541-350-2259 or email [info@cascadianclassic.com](mailto:info@cascadianclassic.com)



# **NPC CASCADIAN CLASSIC™**

## **MAY 25, 2019 • BEND, OREGON**

### **OFFICIAL 2019 ENTRY FORM**

#### **METHODS OF DELIVERING YOUR ENTRY FORM:**

- ▶ **ENTER ONLINE BEGINNING JANUARY 1<sup>ST</sup> AT [WWW.CASCADIANCLASSIC.COM](http://WWW.CASCADIANCLASSIC.COM)**
- ▶ **FILL OUT THIS HARD COPY & MAIL IT.**
- ▶ **SCAN OR TAKE A PHOTO OF THE FORM AND EMAIL TO [INFO@CASCADIANCLASSIC.COM](mailto:INFO@CASCADIANCLASSIC.COM)**

\*You will be emailed an entry confirmation when your entry information and payments are received.

Mail to: Cascadian Classic c/o Dominic Current 2049 NW Hemlock Place Redmond, Oregon 97756

Send your payment with the form. Credit card information on the form, or a Cashiers Check/Money order made out to CASCADIAN CLASSIC

### **ON TIME ENTRY DEADLINE: TUESDAY MAY 21 AT 10:00PM.**

**AFTER MAY 21, ALL ENTRIES ARE LATE AND YOU MUST ENTER AT THE COMPETITOR CHECK IN. LATE ENTRY FEE IS \$200.**

When entering online... Once you fill out the registration form and click submit, you will be taking to our payment processing. Please complete the payment processing in order to finalize your registration. Please do not submit your registration a second time as it will be saved the first time or else it will double. You will receive an email letting you know that you are either registered or not registered until your fee is paid. If you do not follow to payments or have a failure you must call your credit card payment in ASAP. 541-350-2259. No calls after 9PM please.

#### **NPC OREGON 2019 COMPETITOR NOTES & UPDATES:**

You may double enter into Open and Novice Figure; Open and Novice Bikini as well as Open and Novice Men's Physique providing that you have not placed in the Top 5 of an Open Class or 1st place in a Novice Class. We ask for honesty in self-monitoring. If reports come in that you are not eligible to compete in a Novice Class and you win an award, we will contact you and the award will need to be returned and your title will be removed from the media sites. Thank you.

There is are Overalls for True Novice and Novice Classes.

Classic Men's Physique may double enter per NPC National Rule. If the entrant does not meet the height/weight criteria as they check in, they will be given the option to enter into Bodybuilding or Men's Physique. Please refer to the next page for Height & Weight requirements. You MUST perform a routine in both Classic and Bodybuilding if you are doing both divisions.

**Height & Weight requirements for Men's Classic Physique on next page >**

# MENS CLASSIC PHYSIQUE RULES:

Classic Men's Physique may double enter per NPC National Rule. If the entrant does not meet the height/weight criteria as they check in, they will be given the option to enter into Bodybuilding or Mens Physique with the right posing suit or board shorts. We suggest a back up plan just in case so you can still compete in the Cascadian Classic.

CLASSIC MEN'S PHYSIQUE DIVISIONS WITH SUBDIVISIONS are listed below. Find your height and the maximum weight for each height is listed beside the height. Example; if you fall into Division A and you are 5'4" you may not weigh more than 155 lbs. If you are 5'6" you may not weigh more than 165 lbs. These are examples for you, do your research below. If you do not meet these requirements you are not a candidate for this new Division Classic Men's Physique. You will then need to switch your entry to Men's Physique, or Bodybuilding.

The National Physique Committee announces the creation of a new division called Classic Physique. Competition will take place in the following categories:

## DIVISION "A" (UP TO AND INCLUDING 5' 7")

- Up to and including 5' 4"..... Up to and Including 160 lbs
- Over 5' 4", up to and including 5' 5"..... Up to and Including 165 lbs
- Over 5' 5", up to and including 5' 6"..... Up to and Including 170 lbs
- Over 5' 6", up to and including 5' 7"..... Up to and Including 175 lbs

## DIVISION "B" (OVER 5' 7", UP TO AND INCLUDING 5' 10")

- Over 5' 7", up to and including 5' 8"..... Up to and Including 182 lbs
- Over 5' 8", up to and including 5' 9"..... Up to and Including 190 lbs
- Over 5' 9", up to and including 5' 10"..... Up to and Including 197 lbs

## DIVISION "C" (OVER 5' 10")

- Over 5' 10", up to and including 5' 11"..... Up to and Including 205 lbs
- Over 5' 11", up to and including 6' 0"..... Up to and Including 212 lbs
- Over 6' 0", up to and including 6' 1"..... Up to and Including 220 lbs
- Over 6' 1", up to and including 6' 2"..... Up to and Including 230 lbs
- Over 6' 2", up to and including 6' 3"..... Up to and Including 237 lbs
- Over 6' 3", up to and including 6' 4"..... Up to and Including 245 lbs
- Over 6' 4", up to and including 6' 5"..... Up to and including 252 lbs
- Over 6' 5", up to and including 6' 6"..... Up to and including 260 lbs
- Over 6' 6", up to and including 6' 7"..... Up to and including 267 lbs
- Over 6' 7"..... Up to and including 275 lbs

## **FOR CONTESTS WITH 2 CLASSES ONLY**

- Up to and including 5'7"
- Over 5'7"  
Must make weight as indicated above per competitors height

**THE JUDGING IS SCORED 100% AND WILL CONSIST OF COMPARISONS OF THE QUARTER TURNS AND THE FOLLOWING FOUR MANDATORY POSES:**

- Front Double Biceps
- Side Chest
- Back Double Biceps
- Abdominals & Thighs
- Favorite Classic Pose (No Most Muscular)

## **THE FINALS WILL CONSIST OF:**

- Posing routine (up to a maximum of 60 seconds)
- Confirmation round (if necessary)
- Pose-down (overall title only)

## **MASTERS & NOVICE CLASSIC CLASSES:**

- You can only compete in Masters if you qualify by age.
- Novice is for athletes that have never placed top 5 in an open class.
- Both Novice & Masters must still meet weight requirements for height.

Crossovers are permitted! However if an athlete does not make weight, they have the option of competing in bodybuilding or men's physique with proper attire for the division – trunks for bodybuilding and board shorts for men's physique. Athletes can however compete in another division at another NPC event but not on the same day.

## CLASSIC MEN'S PHYSIQUE SHORTS:

- Must be solid black, no designs or patterns
- Must be spandex material

Starting January 1, 2019, ALL Men's Classic Physique competitors, both IFBB Pro and NPC, will be competing in Classic Physique Posing Trunks! Competitors are required to wear the same type of cut and all Classic Physique Posing Trunks that are worn in competition must be black and no less than 4-1/2 Inches on the sides/hips. See the photo examples. You can purchase your Classic Physique Posing Trunks now at [www.npcwear.com](http://www.npcwear.com)

For more information about this new division or any of the rules listed above, please feel free to contact us directly at 541-350-2259 or email directly to us at [info@npcoregon.com](mailto:info@npcoregon.com) and we can help with any questions you may have.

